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■ USING THE FOOD LIST ■

Notes on the format of the book

The format for presentation of phe information in this book was chosen after considerable thought and discussion with parents and professionals about the practicalities of counting phe. In this book, foods are given either in commonly eaten portion sizes, or for foods new to this edition, in the portion size stated on the food label. The phe content in milligrams and the number of “exchanges” are both listed. Some people count phe exchanges while others count milligrams of phe. While the two approaches are really just slightly different ways of looking at the same information, this book encompasses both approaches. Families new to the diet should use the method advised by their clinic, or the method they find easiest.

The “Mg Phe/Gm Food” column. This column helps you to recalculate the phe content of a food portion when the amount eaten is different from the serving portion given in the food list. *It also helps you assess which foods are comparatively higher or lower in phe for a given type of food when the portion size is not comparable.*



Using the “Mg Phe/Gm Food” column, you can weigh out any portion size on a gram scale and easily figure out the phe

content using a hand calculator. See step-by-step instructions on pages 20-23. This column gives you the freedom to easily choose portion sizes that suit you or your child. These figures also can be used to compare the “phe density” of foods, making it more clear which ones are naturally very low in phe.

Why baby foods are not on the list

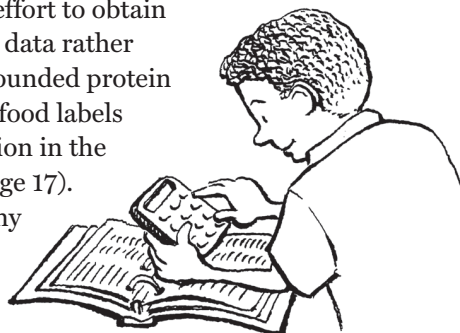
For this edition of the food list, after much consideration I decided to omit the Baby Foods section and make it available on the National PKU News website, www.pkunews.org in the Diet

Related Information section. Baby foods change very frequently, leaving new parents constantly frustrated. Having the Baby Foods section available on the website rather than as part of the food list will make it easier to keep it updated.

Foods without accurate protein data

We made every effort to obtain accurate protein data rather than using the rounded protein values found on food labels (see also discussion in the Introduction, page 17).

However, in many cases we were unable to obtain that information



from the manufacturer (mainly because the company declined to give us the information) and yet we felt that the item would be of interest to a lot of people. Therefore, we estimated phe content of these items based on a rounded figure and what we knew of the protein content of the ingredients.

You can discern most of these entries by noticing that the protein content is a rounded figure, such as 1.0, 2.0, 3.0, etc. For any item with 1.0, 2.0, or 3.0 grams of rounded protein and for which we did not have USDA protein data for a guideline, we added 0.4 to the figure before estimating phe (but left protein rounded), so that we did not underestimate phe. For foods with higher amounts of protein, we used the rounded figure alone for our phe estimates, since any food with a protein content above 3 is not something that anyone on a strict diet should be using, and for more liberal diets, the greater accuracy is not crucial. It is hard to say whether the data for these items without more accurate protein data is really less reliable than other data. We looked at each item and made a very careful and considered individual assessment of the item and its ingredients and protein content for estimating phe.

Brand names

The content of phe, protein, and calories indicated for each food on the list applies *only to the brand stated*. Other brand names of products that look similar may have very different values. “Any Brand” indicates that the data is from USDA and is a composite of “generic” representations of that item.

Ingredient changes

When we receive data from food companies, they often point out that the formulations of their products can change *without notification*. We can hope that this is not a frequent occurrence, however we know from experience that it happens more often than we would like. If parents or professionals become aware of changes in ingredients that are important, I ask that they please notify me so that we can research the changes and how they might impact the phe content of the item. Please send an e-mail message to schuett@pkunews.org.

Abbreviations and terms

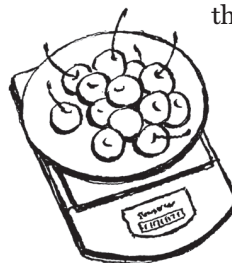
Here is a list of major abbreviations and terms used in the book:

Tabl.	=	tablespoon
teas.	=	teaspoon
oz.	=	ounce (refers to weight of a food)
fl. oz.	=	fluid ounce (refers to volume of a liquid)
mg	=	milligram
phe	=	phe
pro	=	protein
exch.	=	exchange (1 exchange = 15 mg phe)
dia.	=	diameter
pkg.	=	package
NA	=	not available
gm	=	gram

There are other abbreviations that have been used occasionally in describing foods, to save space. These should all be quite easy to figure out, such as choc. for chocolate and microw. for microwave or microwaveable.

Weighing foods on a gram scale

The advantages of weighing food portions on a gram scale. Gram weights of portion sizes are given on this list in addition to standard household measurements. This is because weighing foods on a gram scale is the *most accurate* way to get the phe value given in the book. The exceptions are beverages and other liquid-type foods that can be measured easily.



Using measuring utensils is generally much less precise. It is very hard to measure foods that are lumpy or chunky, making it hard to get the weight on which the nutritional values are based.

Also, for most foods, weighing foods on a gram scale is the *quickest* and *easiest* way to get the portion size that you want. You have no measuring utensils to wash! Finally, it allows you to choose *whatever size portion you want* and easily calculate phe using the “Mg Phe/Gm Food” column (see pages 20-23 for how to use this column).

What are grams ? Grams are simply a metric unit of weight. There are about 28 grams in one ounce. *You don't have to understand the metric system to weigh a food in grams as long as you have a scale that weighs in grams.* Grams are used because gram weights are more accurate and can measure weights much smaller than one ounce. While many others are available, the gram scales (and costs) in the list below are favorite ones of families managing the diet, as reported to me in 2010. Though each scale manufacturer has a number of different models, which will change over time, the models to use are the ones that weigh in increments of 1 gram or less.

Family-favorite regular size gram scales

Ohaus CS2000 (1 gm increments, 2000 gm max weight, about \$90-100)

Ohaus CS200 (0.1 gm increments, 200 gm max weight, about \$90-100)

Ohaus Scout Pro 401 (0.1 gm increments, 400 gm max weight, about \$170)

Ohaus Scout Pro 601 (0.1 gm increments, 600 gm max weight, about \$230)

Ohaus Scout Pro 2001 (0.1 gm increments, 2000 gm max weight, about \$290)

Oxo Good Grips Food Scale with Pull-Out Display model #1130800. (1 gm increments, 11 lb max weight, about \$45)

MyWeigh 12500 (0.5 gm increments, 12500 gm max weight, about \$50)

MyWeigh iBalance 700 (.1 gm increments, 700 gm max wt, about \$80 (“has a great hinged lid”))

MyWeigh iBalance 500 (.1 gm increments, 500 gm max weight, about \$60)

Salter model 6300 (1 gm increments, 11 lb max weight, about \$40)

Tanita KD-160 (1 gm increments, 1000 gm max, about \$65)

Family-favorite small scales ideal for travel

MyWeigh scales have many versions of a pocket gram scale for very reasonable prices (as low as \$25-30). Some of these include scales that weigh in 0.1 gm increments and have plenty of capacity for on-the-road use, such as the MyWeigh MX 500 Digital Pocket Scale and MyWeigh Switch 600.

Websites for scales

Families say they often use the following on-line resources: www.oldwillknottsscales.com (good prices!) and www.scalesonline.com. People also have found the Salter and Oxo brand scales at Bed, Bath, and Beyond stores. Ohaus scales also are available directly from Ohaus: 1-800-526-0659, www.ohaus.com; and Tanita scales also are available from Tanita Corp. at 1-800-TANITA8, www.tanita.com. Consult your nutritionist or other clinic staff if you have questions about how to use the scales.

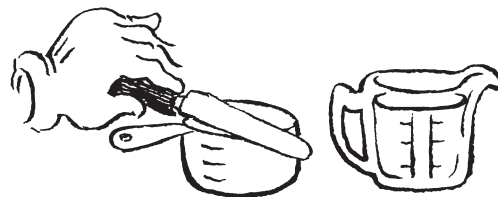
Which foods should I weigh on a gram scale?

I recommend weighing almost everything used in the diet except “free foods,” beverages or other liquid-type foods such as sauces that are easily measured, and items that are already “measured” for you (such as a commercially made cookie or cracker). This is especially important for children and others who have a low phe tolerance. For *everyone*, it is important to weigh the medical food (formula). It is also important to weigh ingredients in recipes for consistently best results, and “higher” phe foods that are difficult to measure accurately (for example, cereals and other lumpy or chunky foods).

Be aware of potential changes in weights of packaged foods. Packaged foods may change over time. Not only might a package size/weight change, but the size/weight of the item within the package might change too. Try to make regular note of the gram weight given on the food list and compare this with the weight given on the package. If the weight of the package or weight of the item in the package is different than what appears in the food list, multiply the “Mg Phe/Gm Food” figure by the actual weight of the product given on the label to determine the phe content.

Measuring foods

If you are going to measure a food, use standard measuring cups and spoons. Do *not* use coffee cups, drinking glasses, or serving spoons. All measurements should be *level*. Level measurements will give the portion size that is closest in phe to the value listed in the book. Heaping measurements will give you significantly more than is listed, especially for “higher phe” foods.





Brand	Food	Measure	Weight (gm)	Phe (mg)	No. of Exch	Mg Phe/ Gm Food	Protein (gm)	Calories (KCal)
Sweets								
Note: For Cake Decorations, see the Free Foods section. For Donuts, see the Breakfast Foods section.								
Cookies								
365 Everyday Value	All Natural Sandwich Crèmes, Chocolate	2 cookies	27	65	4.3	2.41	1.0	130
365 Everyday Value	All Natural Sandwich Crèmes, Vanilla	2 cookies	27	57	3.8	2.11	1.0	130
365 Everyday Value	California Lemon Cookies	5 cookies	30	98	6.5	3.27	2.0	150
365 Everyday Value	Madagascar Vanilla Wafers	5 cookies	30	98	6.5	3.27	2.0	140
365 Everyday Value	Organic Animal Cookies	10 cookies	30	80	5.3	2.67	2.0	140
365 Everyday Value	Triple Ginger Cookies	5 cookies	30	98	6.5	3.27	2.0	140
Archway	ABC Sugar Cookies	12 cookies	28	84	5.6	3.00	2.0	130
Archway	Apple Oatmeal Fruit Filled Cookies	1 cookie	28	63	4.2	2.25	1.3	110
Archway	Chocolate Chip Cookies	1 cookie	9	21	1.4	2.33	0.4	45
Archway	Coconut Macaroon Cookies	1 cookie	23	37	2.5	1.61	0.7	100
Archway	Date Filled Oatmeal Cookies	1 cookie	28	81	5.4	2.89	1.6	110
Archway	Frosty Lemon Cookies	1 cookie	28	65	4.3	2.32	1.3	115
Archway	Gingersnaps Cookies	1 cookie	6	14	0.9	2.33	0.3	30
Archway	Old Fashioned Windmill Cookies	1 cookie	21	63	4.2	3.00	1.2	100
Archway	Sugar Cookies	1 cookie	28	82	5.5	2.93	1.6	120
Back to Nature	Mini Vanilla Wafers	1 pack	32	104	6.9	3.25	2.0	150
Barbara's Bakery	Fig Bars, Blueberry	1 bar	19	20	1.3	1.05	0.4	70
Barbara's Bakery	Fig Bars, Raspberry	1 bar	19	30	2.0	1.58	1.0	60
Barbara's Bakery	Fig Bars, Traditional	1 bar	19	30	2.0	1.58	1.0	60
Barbara's Bakery	Fig Bars, Wheat Free	1 bar	19	25	1.7	1.32	1.0	60
Barbara's Bakery	Fig Bars, Whole Wheat	1 bar	19	35	2.3	1.84	1.0	60
Barbara's Bakery	Organic 100-Calorie Mini Cookies, Chocolate	1 pkg.	25	70	4.7	2.80	1.0	100
Barbara's Bakery	Organic 100-Calorie Mini Cookies, Ginger	1 pkg.	25	60	4.0	2.40	1.0	100
Barbara's Bakery	Organic 100-Calorie Mini Cookies, Oatmeal	1 pkg.	25	80	5.3	3.20	1.0	100
Barbara's Bakery	Snackimals, Chocolate Chip	10 cookies	30	95	6.3	3.17	2.0	110
Barbara's Bakery	Snackimals, Vanilla	10 cookies	30	90	6.0	3.00	2.0	110
Cherrybrook Farm	Gluten Free Dreams Mini Chocolate Chip Cookies	6 cookies	28	70	4.7	2.50	1.0	120
Cherrybrook Farm	Gluten Free Dreams Mini Vanilla Graham Cookies	6 cookies	28	80	5.3	2.86	2.0	120
Enjoy Life	Snickerdoodle Cookies	1 cookie	14	24	1.6	1.71	0.5	65
Girl Scout	Do-Si-Dos Cookies	2 cookies	24	101	6.7	4.21	2.0	110
Girl Scout	Dulce de Leche Cookies	4 cookies	30	77	5.1	2.57	1.5	160

Cookies



Brand	Food	Measure	Weight (gm)	Phe (mg)	No. of Exch	Mg Phe/ Gm Food	Protein (gm)	Calories (KCal)
Cookies								
Girl Scout	Lemon Chalet Crèmes Cookies	3 cookies	36	75	5.0	2.08	1.5	170
Girl Scout	Samoas Cookies	2 cookies	29	48	3.2	1.66	1.0	150
Girl Scout	Tagalongs Cookies	2 cookies	25	102	6.8	4.08	2.0	140
Girl Scout	Thank U Berry Munch Cookies	2 cookies	25	58	3.9	2.32	1.2	120
Girl Scout	Thin Mints Cookies	4 cookies	32	94	6.3	2.94	1.4	160
Girl Scout	Trefoils Cookies	5 cookies	33	96	6.4	2.91	1.9	160
Grandma's	Chocolate Mini Sandwich Crème Cookies	9 cookies	31	80	5.3	2.58	2.0	150
Grandma's	Homestyle Chocolate Chip Cookies	1 cookie	35	101	6.7	2.89	2.0	190
Grandma's	Homestyle Fudge Chocolate Chip Cookies	1 cookie	35	120	8.0	3.43	2.0	150
Grandma's	Homestyle Oatmeal Raisin Cookies	1 cookie	35	120	8.0	3.43	2.0	150
Grandma's	Vanilla Mini Sandwich Crème Cookies	9 cookies	31	65	4.3	2.10	2.0	150
Ian's	Chocolate Chip Cookie Buttons	18 cookies	23	70	4.7	3.04	1.0	100
Ian's	Chocolate Covered Wafer Bites	5 cookies	30	41	2.7	1.37	0.9	160
Ian's	Vanilla Wafer Cookie Buttons	1 pouch	24	65	4.3	2.71	1.0	100
Kedem	Chocolate Tea Biscuits	2 biscuits	8	31	2.1	3.88	0.6	32
Keebler	100 Calorie Chips Deluxe Chocolate Chip Cookies	1 pkg.	21	59	3.9	2.81	1.1	100
Keebler	100 Calorie Fudge Shoppe Grasshopper Cookies	1 pkg.	21	53	3.5	2.52	2.0	100
Keebler	100 Calorie Fudge Shoppe Mini Fudge Stripes Cookies	1 pkg.	21	45	3.0	2.14	0.9	100
Keebler	100 Calorie Sandies Shortbread Cookies	1 pkg.	21	58	3.9	2.76	1.2	100
Keebler	Animal Crackers	8 crackers	29	80	5.3	2.76	2.0	130
Keebler	Chips Deluxe, Chocolate Lovers Cookies	1 cookie	16	52	3.5	3.25	1.0	89
Keebler	Chips Deluxe, Original Cookies	1 cookie	15	42	2.8	2.80	0.8	82
Keebler	Chips Deluxe, Peanut Butter Cups Cookies	1 cookie	16	52	3.5	3.25	1.0	80
Keebler	Chips Deluxe, Rainbow Chocolate Chip Cookies	1 cookie	16	45	3.0	2.81	0.9	81
Keebler	Chips Deluxe, Soft 'n Chewy Chocolate Chip Cookies	1 cookie	16	45	3.0	2.81	0.9	76
Keebler	Country Style Oatmeal Cookies Baked w/Raisins	1 cookie	14	43	2.9	3.07	0.8	65
Keebler	Danish Wedding Cookies	1 cookie	7	13	0.9	1.86	0.2	33
Keebler	E.L. Fudge Original Sandwich Cookies	1 cookie	18	57	3.8	3.17	0.8	90
Keebler	Fudge Shoppe Deluxe Grahams Cookies	3 cookies	28	65	4.3	2.32	1.3	140
Keebler	Fudge Shoppe Fudge Sticks Cookies	3 cookies	29	50	3.3	1.72	1.0	150
Keebler	Fudge Shoppe Fudge Stripes Cookies	3 cookies	32	68	4.5	2.12	1.6	160
Keebler	Fudge Shoppe Grasshopper Cookies	1 cookie	8	20	1.3	2.50	0.4	38
Keebler	Mini Vanilla Wafers	10 cookies	15	40	2.7	2.67	0.6	75
Keebler	Sandies Pecan Shortbread Cookies	1 cookie	16	45	3.0	2.81	0.9	85